

SPORTS

Classes

Aerobics class

The Low-Impact Aerobics class begins at 9:30 a.m. **Mondays, Wednesdays and Fridays** at the East Fitness Center. Call 846-1102.

PT Prep

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises

that focus on push-ups and sit-ups.

The aerobic portions focus on intense exercises—jumping jacks, sprints (in place), hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run.

PT Prep is **Mondays, Wednesdays and Fridays** at 6 a.m. Call 846-1102.

“Boot Camp”

Recall the glory days of boot camp while getting into shape.

Classes are **Wednesdays**, 5 p.m., at the East Fitness Center.

Call 846-1073.

Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.

Call 846-1073.

Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour.

Call 846-1102.

Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes.

Call 846-1102.

Yoga

Join the **Saturday** Yoga Class at 11 a.m.

The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises. Call 846-1102.

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Swim to fitness

Water aerobics is open on a pay-by-the-day or pool pass basis at no additional charge.

Classes are **Mondays, Wednesdays and Fridays**, 11 a.m., and **Mondays and Wednesdays**, 5:30-6:30 p.m.

Clubs & programs

Handball club

The handball clubs takes no initiation fees or dues and has no meetings—just competitive handball games.

Courts 2 and 5 are reserved 11 a.m.-1 p.m. for challenge games.

New members are always welcome.

Call 846-2454.

Masters Swim

Remember the exhilaration and camaraderie you felt swimming in competition on your summer league? You have the opportunity to experience the thrill as an adult. The Kirtland Olympic pool offers a Masters Swim Team run by the Kirtland Aquatics Club. A great opportunity to get into shape and swim competitively, if desired.

Call 271-9586

Swim Team

Provide your children with greater opportunity to learn, grow and compete. Kirtland Aquatics Club offers year round Swim team for children 6-17 years of age.

Call 271-9586.

Combat Club

The Kirtland Close Quarters Combat Club meet **Tuesdays and Fridays** at the Rio Grande Community Center (across the street from the East gym) at 11 a.m.-noon to work on personal combat skills. There is no charge and all adult Kirtland personnel are welcome to attend. Previous experience in a combat art or sport is welcome, but not necessary.

Contact Dr. Sean Ross, 846-9148, for more information.

Miscellaneous

Reserve the Center

The Fitness Center can be reserved for unit fitness training.

Call 846-1102.

Horseback riding

A day of horseback riding in the Sandia Mountains trails and Cibola National Forest is sponsored by Outdoor Recreation, **tomorrow and March 27**.

Fee of \$30 a person for all ages includes horse rental, guide and

transportation to the site. Register early because space is limited.

Call 846-1499 for more information.

Baseball Registration

Registration is open for children's 2004 Youth Baseball season.

Registration is currently being accepted at the Youth Center through **March 1**.

Call 846-1555.

Fun Run

Please support Women's History month in a fun run! **March 12**, 11 a.m. at the Zia Park trail (East Side).

We encourage individuals to run together in respective squadrons; however, individual runners are welcome! Prizes will be awarded to the Squadron with the most participation. For more information, please call SSgt Montano at 846-5892

Specials

Golf 'tune-up'

"Make the Move to Improve!" with a spring "tune-up" at Tijeras Arroyo Golf Course.

Through April, the golf course offers golf tips, a large bucket of range balls and a takeout lunch **Tuesdays and Thursdays**, 11:30 a.m.-1 p.m., for \$10.

Call 846-1574.

March Golf Special

Tijeras Arroyo Golf Course is offering a free oil and filter change in **March**. With the purchase of four green fees with all players taking a cart or an annual fee holder with three guest fees (also with four carts), you will receive one coupon (per four-some) for a free oil and filter change at the Kirtland Auto Skills Center.

This offer is valid **Monday through Thursday** and is not valid with any other specials. Call 846-1574 for more information.

Travel

Ski trips

Angel Fire

March 13-14 \$190 per person
4:30 a.m.-9 p.m.

Ski/Snowboard Rental, All day lift ticket, transportation and lesson
Taos

Saturday, **March 20** \$55 per person
5:30 a.m.-7 p.m.

Ski Rental, all day lift ticket, and transportation. (No snowboarding allowed at Taos).

Durango

Saturday and Sunday, **March 28-29** \$130 per person 4:30 a.m.-9 p.m.

Includes: Ski/Snowboard Rental, lift tickets, lodging, breakfast and transportation.

Call 846-1275.